ABSTRACT OF THE INVENTION

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The present invention relates а diffraction grating element capable achieving a large angular dispersion and excellent diffraction characteristics. The diffraction grating element has a buried structure, and comprises: a first medium with a refractive index of n_1 ; a second medium with lower refractive index of n2 than the first medium; and a diffraction grating formed at the interface between the first and second mediums. One of the first and second mediums is a solid, and the other thereof is a solid or a liquid. An anti-reflection film is formed on one surface of the first medium 11 on which the diffraction grating is not formed, and this anti-reflection film lies in contact with a medium with a refractive index n_0 . Furthermore, an anti-reflection film is also formed on one surface of the second medium on which the diffraction grating is not formed, and this anti-reflection film lies in contact with the medium with the refractive index n_0 . The relationship of the magnitudes of the refractive indices of these respective mediums is " $n_1 > n_2 > n_0$ ". The parameters of the diffraction grating lie within predetermined ranges.